

# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Sept. 11, 2000

## NEWS BRIEFS

### WAKE UP WEDNESDAY

This month's Wake Up Wednesday is *Shifting to the Right Side of the Brain*. Katy Cave from the Governmental Services Center will talk about how to be more creative at work. The event will be Wednesday, Sept. 13, at 8:30 a.m. in the CHR Building cafeteria.

### BLOOD DRIVE SEPT. 20-21

The Red Cross reports that blood supplies are low and they need our help. Donating blood is easy and safe and will help patients requiring surgery, people with cancer, accident victims and others. The CHS-CFC blood drive will be from 9 a.m. to 1:30 p.m. both days in the Health Services Auditorium. Call Evelyn Mills at 564-2781, ext. 3907 for more information.



TIP OF  
THE  
WEEK

With today's demanding lifestyles, many people feel they must sacrifice a good night's sleep in order to get everything done. Most people need between 7 to 9 hours of sleep a night. Sleep deprivation can lead to traffic accidents, work injuries, depressed immune system, and reduced tolerance to stress. You'll feel better if you have a good night's sleep.

## KyCares.net Is Underway; CHS Part Of Empower Project

**KyCARES.net** is online and growing almost daily. This service guide and resource directory can be found on an easy-to-use Internet site that provides quick access to information about health, human, employment and other services statewide.

(For a first-hand look, visit the home page at <http://www.kycares.net>).

A public awareness campaign is to begin soon to let more Kentuckians know that **KyCares.net** is available, and improvements are already being planned for later this year.


Four major additions are planned for later this year:

- n A self-referral component that will let clients choose to have their names forwarded to service providers via e-mail.
- n A facilitated guide to services

that will help people who have some familiarity with computers assist those who have minimal computer skills.

- n Service screening information that will help people determine whether they are likely to be eligible for a particular assistance program.
- n An improved way to organize the lists of service providers to help users find them more easily.

Do you have any questions or comments? Simply call **KyCARES.net** at **502-564-1856 ext. 288**.

KyCARES.net, an EMPOWER Kentucky initiative, is a collaborative project of the Cabinets for Families and Children, Health Services, Workforce Development, Transportation, Justice and Department of Education. 


## Still Time For KECC Pledge Forms

Turned in your KECC pledge form? Want a second chance to do something good for your community, county and state?

If you want a second chance to donate to any of the very worthwhile agencies, and also be included in future chances to win a car wash, gift certificates from

local merchants, oil changes, etc., call your coordinator and ask for another payroll pledge form. All

completed forms will go in "the hat" for a drawing next Friday, so act today!

Curtis Rowe was the happy winner last week of a couple of tickets to UK vs. South Florida. His chosen charity was Prevent Child Abuse Kentucky. 



## Clinkenbeard Awarded Maxson Education Scholarship


Donna Clinkenbeard of the Department for Public Health was recently awarded the Thomas E. Maxson Memorial Scholarship for Continuing Education by the Association of Public Health Laboratories.



**Clinkenbeard**

The APHL is a worldwide leader in promoting quality laboratory practices. Thomas E. Maxson was a long time APHL member and Division Director of Laboratory Services from 1987-1998.

Ms. Clinkenbeard, Microbiologist III, has worked in the Public Health Laboratory for 14 years. She has been the Laboratory Training Coordinator since 1997 and has worked very closely with the National Laboratory Training Network, an APHL/CDC training body.

The APHL award was presented in recognition of her considerable contributions to improving the practice of laboratory science through training. She received a \$250 award to be used for training. 

## Public Employee Recognition Week Is Sept. 11-17

Sept. 11-17 has been proclaimed Public Employee Recognition Week by Gov. Patton. It's a time to recognize the contributions of all public employees.

The week is also intended to educate citizens about the broad variety of services provided by government employees.

Supervisors are encouraged to take part and show appreciation for the hard work of CHS employees.

## Other CHS News...

Hazel Porter, who works at the visitor's desk in the CHR Lobby, was hospitalized last week. She suffered a stroke and is at the Frankfort Regional Medical Center. The doctors report she is holding her own. Please keep her in your thoughts.



Chris Sparks, left, discussed body composition analysis during the CHS-CFC Health and Wellness Fair on Sept. 6. Several agencies had tables and explained their services to employees in the CHR Complex.



## KECC Did You Know?

If you contribute \$25 per paycheck to the Kentucky Employees Charitable Campaign, it will provide:

Life skills and literacy training for six people.

Please turn in payroll deductions forms as soon as possible. Please consider this method of giving this year.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. Printed with state funds.

